



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 02-14-12)

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100373 – BEANS, CANNED, GREAT NORTHERN, DRY, LOW-SODIUM, #10

Nutrition Information

CATEGORY	<ul style="list-style-type: none">Meat/Meat Alternates or Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none">U.S. Grade A canned dry Great Northern beans, cooked and packed in salt water.
PACK/YIELD	<ul style="list-style-type: none">6/#10 cans per case. Each can contains about 106 oz beans in liquid.One #10 can AP yields 66.0 oz (about 7¾ cups) heated, drained Great Northern beans and provides about 31.2 ¼-cup servings heated, drained Great Northern beans OR about 15.6 ½-cup servings heated, drained Great Northern beans.CN Crediting: ¼ cup heated, drained Great Northern beans provides 1 oz-equivalent meat/meat alternate OR ¼ cup heated, drained Great Northern beans provides ¼ cup vegetable BUT NOT both components at the same meal.
STORAGE	<ul style="list-style-type: none">Store unopened canned Great Northern beans in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes.Store opened canned Great Northern beans covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days.Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Beans, Great Northern, canned, mature seeds

	¼ cup (66 g)	½ cup (131 g)
Calories	52	104
Protein	3.69 g	7.37 g
Carbohydrate	21.09 g	18.66 g
Dietary Fiber	7.0 g	6.2 g
Sugars	0 g	0 g
Total Fat	0.45 g	0.40 g
Saturated Fat	0.08 g	0.124 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	2.13 mg	1.89 mg
Calcium	68 mg	60 mg
Sodium	70 mg	140 mg
Magnesium	34 mg	44 mg
Potassium	391 mg	346 mg
Vitamin A	1 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	1.3 mg	1.2 mg
Vitamin E	0 mg	0 mg



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PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none">• Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.• Use a clean and sanitized can opener.• Heat without added salt and serve alone or use as directed in recipes.
USES AND TIPS	<ul style="list-style-type: none">• Use canned beans in soups, salads, and entrees. Serve one variety of beans alone or in combination with others. Canned beans may be substituted for cooked dry beans in any recipe without the addition of salt.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none">• NEVER USE food from cans that are leaking, bulging, or are badly dented.• DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.• Cook foods to the appropriate end-point temperature as specified in your School Food Safety Plan, which should meet your State and local health department requirements.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none">• For guidance on how to effectively manage, store, and maintain USDA Foods, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm.• For additional information on product dating, go to page 13 of <i>Choice Plus Food Safety Supplement</i> at: http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf.

Nutrient values in the nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

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